

UPDATE

OF THE TENNESSEE DEPARTMENT OF MENTAL HEALTH AND DEVELOPMENTAL DISABILITIES

Volume 7 • Number 4

July/August 2001

Satcher Unveils National Strategy for Suicide Prevention

In May Surgeon General David Satcher, M.D., released the National Strategy for Suicide Prevention which creates a framework for suicide prevention for the nation.

According to strategy posted on the web at www.surgeongeneral.gov, the National Strategy is comprehensive and sufficiently

broad so that individuals and groups can select those objectives and activities that best correspond to their responsibilities and resources.

The strategy has 11 goals:

- Promote awareness that suicide is a public health problem that is preventable.
- Develop broad-based support for suicide prevention.
- Develop and implement strategies to reduce the stigma associated with being a consumer of mental health, substance abuse and suicide prevention services.
- Develop and implement suicide prevention programs.
- Promote efforts to reduce access to lethal means and methods of self-harm.
- Implement training for recognition of at-risk behavior and delivery of effective treatment.
- Develop and promote effective clinical and professional practices.
- Improve access to and community linkages with mental health and substance abuse services.
- Improve reporting and portrayals of suicide behavior, mental illness and substance abuse in the entertainment and news media.
- Promote and support research on suicide and suicide prevention.
- Improve and expand surveillance systems.



Current TIHPP Team.

Tennessee Interdisciplinary Health Policy Program Offers Team Approach

The DMHDD's Office of Public Information and Education and the Office of the Medical Director are participating with the University of Tennessee in an educational program for law, medical and pharmacy students. Called the Tennessee Interdisciplinary Health Policy Program (TIHPP), students of TIHPP rotate through the program as a team.

U.T.'s Deans of Law, Medical and Pharmacy Schools allow their students to rotate through various state agencies and receive educational credits.

The goal is to encourage the various disciplines to learn to work together as a team to improve health care in Tennessee and to learn how health care policy is established in the state.

Agencies sponsoring students include the DMHDD (lead agency), Children's Services and Correction departments; the Health Related Boards; the Office of the Attorney General; and the Tennessee Bureau of Investigation.

Students focus on issues such as licensure, legislative health policy-making, youth violence, malpractice narcotics abuse, anti-trust activities, civil rights, TennCare fraud investigations and child custody and abuse.

For information on this program, contact David M. Mirvis, M.D., University of Tennessee Center for Health Services Research at (901) 448-5826 or Judy Regan, M.D., DMHDD medical director at (615) 532-6564.

Suicide Facts

Over half of all suicides occur in adult men—age 25-65.

Suicide takes the lives of more than 30,000 Americans every year.

Every 17 minutes another life is lost to suicide. Every day 86 Americans take their own life and over 1500 attempt suicide.

There are now twice as many deaths due to suicide than due to HIV/AIDS.

Between 1952 and 1995, the incidence of suicide among adolescents and young adults nearly tripled.

Update
*of the Tennessee Department of Mental
Health and Developmental Disabilities*
(ISSN-10882731)
Volume 7, Number 4

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Published bi-monthly by the Department of Mental
Health and Developmental Disabilities.
Periodicals Postage Paid at Nashville, Tennessee
Postmaster: Send address changes to Department of
Mental Health and Developmental Disabilities
Office of Public Information and Education
11th Floor, Andrew Johnson Tower
710 James Robertson Parkway
Nashville, TN 37243



Tennessee Department of Mental Health and
Developmental Disabilities, Authorization
Number 339285, 10,000 copies, September
2000. This public document was promulgated
at a cost of \$.22 per copy.

Around the State

Cherokee Health Systems Gets \$1 Million Grant For Integrated care

Cherokee Health Systems (CHS) is joining
the Knox County Health Clinic, Interfaith
Health Clinic and six other agencies to provide
primary care and behavioral health services to
underinsured and uninsured people.

CHS was awarded a \$1 million federal grant
to offer this integrated care to people in Knox,
Blount, Sevier and Union counties.

About 15 percent of the money will be
dedicated to placing CHS behavioral health
providers in medical offices and the other 85
percent will be used to develop an electronic
system linking the practices together.

Results of the project will be used to perfect
the implementation of integrated care with grants
awarded to other practices in the United States.

Mental Health Association Of Middle Tennessee Selected Outreach Partner

The National Institute of Mental Health
(NIMH) has selected the Mental Health
Association of Middle Tennessee as an
Outreach Partner for its Constituency Outreach
and Education Program.

This program is a five-year communications
initiative that enlists one organization in every
state in a nationwide partnership to help speed
the translation of science into mental health
services.

The program is a key element in a broader
effort by NIMH to deliver science-based
information on mental health to the public and
health professionals and increase access to
research-based, effective treatments.

"This program can help advance the course
of action, proposed in the recent Surgeon
General's Report on Mental Health, that will
improve the quality of mental health in the
nation", said Surgeon General David Satcher,
M.D.

"Those partnering organizations can lend
their voices to efforts at the national level to
reduce stigma and to encourage people with
mental disorders to seek treatment," he added.

Each Outreach Partner conducts a mental
health communications program for the public
and health professionals through media
relations, statewide coalition building and
outreach to minorities and special populations
such as youth and the elderly. Partners also
sponsor educational efforts focusing on primary
care physicians, nurses, employers and other
programs. Additionally, they promote
recruitment of participants in NIMH-supported
clinical studies.

MIAW/Depression Screening Dates Set

This year's observance of Mental Illness
Awareness Week (MIAW) is October 7-13.
National Depression Screening Day is
October 11.

The DMHDD and mental health
organizations throughout the state will be
hosting awareness activities and depression
screenings during this time.

Arc of Tennessee Elects New Officers

The Arc of Tennessee recently elected
officers for the coming year at its annual
convention held in Memphis. They include:
Donald Redden of Vanleer, president;
Henry Groseclose of Hixson, vice president;
Jona Fant, secretary; and Ron Butler of
Nashville, treasurer.

Regional vice presidents include John
Umberger, Kingsport, Region 1; Glenda
Bond, Crossville, Region 2 and Connie
Booker, Memphis, Region 3.

For more information about the Arc, call
(800) 835-7077 or www.thearctn.org.

Youth Villages Opens in Tri-Cities

Youth Villages, which provides mental
health care to troubled children and their
families, is expanding its home-based
counseling services into the Tri-Cities.

The Youth Villages office in Johnson
City will serve all of Upper East Tennessee.
The local office joins Youth Villages' existing
locations in Knoxville, Chattanooga and
Cookeville.

RIP Nashville Wins International Award

Nashville's Regional Intention Program
(RIP), in operation for more than 30 years,
was recently awarded the 2001 Innovative
Program of Year Award from CHADD.

CHADD is an international organization
for families and children with attention-
deficit/ hyperactive disorder.

Over the years, RIP has built its
reputation around a core belief that parents
who've learned to successfully manage their
previously out-of-control preschoolers are in
the best position to teach other parents
"what works."

For more information on the Nashville
RIP program, contact Kate Kanies at (615)
963-1177 or kkanies@mail.state.tn.us.

Around the State

Drop-In Center Opens in Jasper

A service of Mountain Valley Mental Health Center and Johnson Mental Health Center, the Cottage Drop-in Center in Jasper opened in June.

The center is located in a one-story newly remodeled house and funded through Volunteer Behavior Health Corporation via federal grants. It primarily serves residents from Marion, Grundy and Sequatchie counties.

Center Coordinator Paul Turnsey said, "To use the facility, clients must meet two requirements—they must be 18 year of age or older and a mental health consumer."

Pool Elected to NAMI Veterans Committee

NAMI Tennessee President Gene Pool, a retired Marine Corps Major, has been elected first vice chairman of the National NAMI Veterans Committee.

The committee works with veterans' health care facilities to improve mental health services for veterans and to provide education, support and advocacy for families of veterans.

Malcolm Lake Named Employee of the Year



DMHDD Commissioner Elisabeth Rukeyser presents the "Employee of the Year" award to Malcolm Lake.

Developmental Technician Malcolm Lake was chosen from the department's more than 6,000 employees to be the DMHDD's Employee of the Year for 2000.

An employee at Clover Bottom Developmental Center since 1995, Lake is responsible for the direct care of 23 young men who reside in the Spruce living home at Clover Bottom.

A 1989 graduate of Maplewood High school, he was selected for this award because of his dedication, dependability and supportive commitment to the people who reside at Clover Bottom.

According to his supervisor, Wilbert Craig in making the nomination, "Lake ensures that the young men are well-groomed, have the proper nutrition and are kept safe. He personally irons their clothing each morning before they attend daily activities.

"He never gives up on a person, but wants to ensure that they achieve their personal outcomes and that they are provided with freedoms while being treated with utmost respect and dignity," Craig added.

Lake received his award on July 24 at a Clover Bottom reception.

Happenings

- Lynn Thompson, Ph.D. was recently promoted to director of research at Centerstone Community Mental Health Centers. She will oversee development of research activities, enlisting research projects with major hospital and universities and establishing direct relationships with pharmaceutical companies. She will continue work as a clinical psychologist and nurse practitioner.
- Roane Medical Center in Kingston recently began a psychiatry program for persons 55 and older. Housed in the Emory River Geriatric Center, the center is managed by New Day Inc. of Nashville. Services include a full range of outpatient and inpatient services based on the patient's needs.
- Scott Ridgway, former director of Field Operations for the Tennessee Commission on Children and Youth, is the new statewide director of Suicide Prevention for the Crisis Intervention Center in Nashville. He replaces Janice Browne.
- Richard Chirip, supervisor of Ridgeview's Case Management services, was recently

selected the outstanding employee of the year. Chirip, who has been at Ridgeview since 1992, is responsible for supervising 19 case managers who provide services to approximately 500 clients in five counties. Chirip has a master's degree in social work from the University of Tennessee.



Richard Chirip

- Jenny Foster, director of Residential Services at Orange Grove Center in Chattanooga for the last 14 years, was recently named the center's director of Quality Compliance. She will ensure service delivery is documented, monitored and reviewed on a consistent basis. Foster holds a bachelor's degree in education and a master's degree in special education from the University of Mississippi.
- Fred Eldreth recently presented a \$20,200 check to Frontier Health at the Eldreth House in Kingsport. This house is part of Frontier's mental health residential services and is named in honor of Eldreth for his continued generosity to the home and its

residents. The house provides housing and daily-living services for 10 residents who have chronic mental illness. The donation will allow for the purchase of a van to be used for transporting clients to doctor's appointments, shopping and special outings.

- Over 400 residents of the Murfreesboro area raised over \$60,000 for the Alzheimer's Association during a Spring Memory Walk held on the York Campus of the VA Tennessee Valley healthcare system in Murfreesboro.
- Nashville resident Andrea Cooper was chosen as the state's Ms. Wheelchair 2001 and represented Tennessee in the Ms. Wheelchair American Program in Denver, Colorado. As Ms. Wheelchair Tennessee, Cooper will promote her platform of improving home and community-based services for persons with disabilities. For more information about the competition, call (615) 646-7435 or go to www.mswheelchairtennessee.com (from the Nashville City Paper).

Depression, Bone Mass & Osteoporosis Study

The National Institute of Mental Health (NIMH) has launched a study of women ages 21 to 45 who are suffering from major depression to find out if low bone mass is related to depression or stress hormones, such as cortisol.

During a 12-month period, researchers will monitor bone loss and the effects of depression and stress on physical health.

In a review of published research, NIMH-funded scientists report a strong association between depression and osteoporosis. The literature suggests that depression may be a significant risk factor of osteoporosis. Low bone mineral density, a major risk factor for fracture, is more common in people with depression than in the general population.

For more information about NIMH and its research programs, visit the web site at www.nimh.nih.gov.

FDA Approves New Alzheimer's Drug

From The Acorn, Alzheimer's Association of Middle Tennessee

The Food and Drug Administration has approved a new drug, galantamine hydrobromide (Reminyl) for the treatment of Alzheimer's related symptoms.

Reminyl was approved as a treatment for symptomatic relief for mild to moderate Alzheimer's disease. There are three other drugs approved by the FDA for this purpose: tacrine (Cognex) donepezil hydrochloride (Aricept) and rivastigmine (Exelon).

There is no known way to predict who may benefit more from taking one drug or an alternative; however, patients who do not benefit from one may respond favorably to another. None of them will cure the disease.

People with Alzheimer's who are considering taking a new medication should meet with their doctors and family members to discuss risks, benefits, cost, potential side effects and how the new treatment may interact with other prescriptions or over-the-counter drugs they are taking.



Officials from Campbell County, Ridgeview and the Housing Development of the Clinch Valley celebrated the grand opening of the newly renovated facility located in LaFollette.

Ridgeview Holds Opening of Campbell Co. Facilities

Ridgeview and the Housing Development Corporation of the Clinch Valley (HDC) held a grand opening for the recently renovated Riggs Drug Store Building at 100 E. Central Avenue in LaFollette.

The historic two-story building houses Ridgeview's outpatient offices and Cumberland Cornerstone Psychosocial Rehabilitation program as well as the 11 apartments for very-low income tenants. The

apartments provide attractive and affordable housing for many of Ridgeview's clients.

Ridgeview consolidated its LaFollette office on the first floor of the building. "Having all our services in the same location is really an advantage for our clients," said Bob Benning, CEO of Ridgeview. "The apartments upstairs are a real plus, because housing for the mentally ill has always been an issue," he added.

The renovation was made possible when Ridgeview and HDC joined with two Oak Ridge-based banks, AmSouth and SunTrust, to obtain a \$110,000 grant from the Federal Home Loan Bank Affordable Housing Program.

These funds were coupled with a U.S. Department of Housing and Urban Development HOME grant for \$325,000 from the Tennessee Housing Developmental Agency, low-income housing tax credits, rehabilitation tax credits and a Neighborhood Reinvestment Corporation grant to pay for construction and help lower the mortgage.

Calendar

February 13-16, 2002
Learning Disabled Association 39th
International Conference
Adams Mark Hotel, Denver, Colorado
www.ldanatl.org

March 21-24
22nd National Conference
Anxiety Disorders Assn. of America
Hyatt Regency, Austin, Texas
www.adaa.org



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